

“Berry Good Smoothie”

Yield: 2 servings

Ingredients:

1 cup strawberries, whole frozen, unsweetened
1 cup nonfat blueberry yogurt
2 tsp. sugar
½ cup water
7 ice cubes (or more if you like it thicker)

Procedure:

Place all ingredients in blender and blend until smooth.

Nutrition Analysis (per serving):

Calories	103 calories
Carbohydrates	20 grams (77% of total calories)
Protein	5.5 grams (21% of total calories)
Fat	0.28 grams (2% of total calories)
Saturated fat	0.00 grams
Iron	.85 milligrams
Vitamin C	44 milligrams
Calcium	200 milligrams
Food Guide Pyramid: ½ fruit and ½ milk per serving	



